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CLAIMS

What is claimed is:

- 1. A method of resetting a human circadian clock comprising the step of exposing a non-ocular region of a human subject to a non-solar photic stimulation during one or more circadian cycles to reset the human circadian clock.
 - 2. The method according to Claim 1 further comprising the step of assessing a time when a daily minimum body temperature for the human subject occurs, wherein said step of exposing the non-ocular region begins at an exposure time dependent upon the assessed time.
 - 3. The method according to Claim 2 wherein said step of exposing the non-ocular region begins before the assessed time.
 - 4. The method according to Claim 3 wherein said step of exposing the non-ocular region begins within about six hours prior to the assessed time.
- 5. The method according to Claim 2 wherein said step of exposing the 20 · non-ocular region begins after the assessed time.
 - 6. The method according to Claim wherein said step of exposing the non-ocular region begins within six hours after the assessed time.
- 7. The method according to Claim 1 wherein said step of exposing the non-ocular region occurs while the human subject is awake.
 - 8. The method according to Claim 1 wherein said step of exposing the non-ocular region occurs while the human subject is asleep.
 - 9. The method according to Claim 1 wherein said step of exposing the non-ocular region lasts for a duration ranging from between about 15 minutes to about 12 hours.
- 35 10. The method according to Claim 9 wherein the duration of said non-ocular exposure is about three hours.

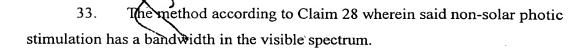
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- 11. The method according to Claim 1 wherein said non-solar photic stimulation has an intensity between about 15 lux to about 150,000 lux.
- 12. The method according to Claim 11 wherein said non-solar photic stimulation has an intensity between about 10,000 lux to about 13,000 lux.
 - 13. The method according to Claim 1 wherein said non-solar photic stimulation has a bandwidth in the visible spectrum.
- 10 14. The method according to Claim 13 wherein said non-solar photic stimulation has a bandwidth between about 455 nanometers (nm) and 540 nm.
 - 15. The method according to Claim I wherein the given number of circadian cycles is one.
- 16. The method according to Claim wherein the given number of circadian cycles is two or more.
 - 17. The method according to Claim 1 wherein the non-ocular region of the human subject has ample surface vasculature.
 - 18. The method according to Claim 19 wherein the non-ocular region is a popliteal region of the human subject.
- 25 19. The method according to Claim wherein said step of exposing the non-ocular region is used to treat a circadian rhythm sleep disorder.
 - 20. The method according to Claim 19 wherein said step of exposing the non-ocular region is used to treat the circadian rhythm sleep disorder resulting from transmeridian travel (jet-lag).
 - 21. The method according to Claim 19 wherein said step of exposing the non-ocular region is used to treat Shift Work Sleep Disorder.
- The method according to Claim 19 wherein said step of exposing the non-ocular region is used to treat Advanced Sleep Phase Syndrome (ASPS).

- 23. The method according to Claim 19 wherein said step of exposing the non-ocular region is used to treat Delayed Sleep Phase Syndrome (DSPS).
- The method according to Claim 19 wherein said step of exposing the non-ocular region is used to treat Non-24-Hour Sleep-Wake Disorder.
 - 25. The method according to Claim 19 wherein said step of exposing the non-ocular region is used to treat Irregular Sleep-Wake Pattern.
- 10 26. The method according to Claim 1 wherein said step of exposing the non-ocular region is used to treat sleep and circadian rhythm disorders associated with blindness.
- The method according to Claim 1 wherein said step of exposing the non-ocular region is used to treat sleep and circadian rhythm disorders in individuals for whom ocular light exposure is contraindicated.
 - 28. A method of enhancing nighttime alertness and performance in a human subject comprising the step of exposing a substantially non-ocular region of the human subject to a non-solar photic stimulation during one or more circadian cycles.
 - 29. The method according to Claim 28 wherein said step of exposing the non-ocular region is used to enhance alertness and performance of workers on rotating shift work schedules.
 - 30. The method according to Claim 28 wherein said step of exposing the non-ocular region is used to enhance alertness and performance of individuals working permanent work schedules.
- 31. The method according to Claim 28 wherein said step of exposing the non-ocular region lasts for a duration ranging from between about 15 minutes to about 12 hours.
 - 32. The method according to Claim 28 wherein said non-solar photic stimulation has an intensity between about 15 lux to about 150,000 lux.

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- 34. The method according to Claim 28 wherein the non-ocular region of the human subject has ample surface vaculature.
- 35. The method according to Claim 28 wherein the non-ocular region is a popliteal region of the human subject.
- 10 36. A method of resetting a human circadian clock comprising the steps of: assessing a time when a minimum body temperature for a human subject; and

exposing a substantially non-ocular region of the human subject to a non-solar photic stimulation for one or more circadian cycles to reset the human circadian clock at an exposure time dependent upon the assessed time.

- 37. The method according to Claim 36 wherein said step of exposing the non-ocular region begins before the assessed time.
- 20 38. The method according to Claim 36 wherein said step of exposing the non-ocular region begins about six hours prior to the assessed time.
 - 39. The method according to Claim 36 wherein said step of exposing the non-ocular region begins after the assessed time.

40. The method according to Claim 39 wherein said step of exposing the non-ocular region begins within six hours after the assessed time.

- 41. The method according to Claim 36 wherein said step of exposing the non-ocular region occurs while the human subject is awake.
- 42. The method according to Claim 36 wherein said step of exposing the non-ocular region occurs while the human subject is asleep.
- 35 43. The method according to Claim 36 wherein said step of exposing the non-ocular region lasts for a duration ranging from between about 15 minutes to about 12 hours.

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- 44. The method according to Claim 43 wherein the duration of said non-ocular exposure is about three hours.
- 5 45. The method according to Claim 36 wherein said non-solar photic stimulation has an intensity between about 15 lux to about 150,000 lux.
 - 46. The method according to Claim 45 wherein said non-solar photic stimulation has an intensity between about 10,000 lux to about 13,000 lux.
 - 47. The method according to Claim 36 wherein said non-solar photic stimulation has a bandwidth in the visible spectrum.
 - 48. The method according to Claim 47 wherein said non-solar photic stimulation has a bandwidth between about 455 nm and 540 nm.
 - 49. The method according to Claim 36 wherein the number of circadian cycles is one.
- 20 50. The method according to Claim 36 wherein the number of circadian cycles is two or more.
 - 51. The method according to Claim 36 wherein the non-ocular region of the human subject has ample surface vasculature.
 - 52. The method according to Claim 51 wherein the non-ocular region is a popliteal region of the human subject.

